

## **RECREATIONAL ACTIVITIES AND OPPORTUNITIES:**

**Valor Games Midwest:** <http://www.worldsportchicago.org/valor-games-midwest.aspx/>

Questions? Call Anita Munoz-Boyle at (317) 988-4823

### **PALS program (Promoting Amputee Life Skills)**

PALS is an eight week-session self-management course that helps people with limb loss learn skills to improve their lives. Meetings are held every other week at the medical center.

If interested, please call Anita Munoz-Boyle at (317)988-4823.

### **PEER VISITORS**

Are you a patient with limb loss looking to give back? A peer visitor is someone who has already undergone an amputation and can offer support to someone who is going to have an amputation or recently had an amputation. This support can be over the phone, through e-mail or in person. To become a certified peer visitor, you must attend a one day training offered at the medical center.

If interested, please contact Anita Munoz-Boyle at (317)517-6039.

### **CAREGIVER PEER VISITORS**

Are you the caregiver for someone with an amputation and feel you could offer support to other caregivers? This support can be offered over the phone, through e-mail or in person. A certified caregiver peer visitor certification training will soon be offered.

If interested, please contact Anita Munoz-Boyle at (317)988-4823.

### **LIMB LOSS EDUCATION DAY**

Dayton, OH on March 23, 2013 from 9 am to 4 pm. This day introduces the amputee population to the emotional and physical benefits of scuba diving. The event is completely free of charge to amputees and their families and friends, held at Wright State University Natatorium. Online registration and more information visit: <http://www.amputee-coalition.org/events-programs/limb-loss-education-day/index.html>

Not finding the activities or opportunities you were looking for? Please call Anita Munoz-Boyle at (317)988-4823.